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DOCTOR SPERRY'S

FAMILY PHYSICIAN.



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THE BOTANIC
FAMILY PHYSICIAN,
OR
THE SECRET OF CURING DISEASES,
WITH VEGETABLE PROPORTIONS.

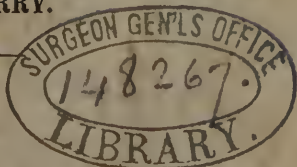
ALSO CONTAINING
DIVERS FORMULAS OR RECIPES,

For the cure of almost every disease incidental to human nature, taken from the best and most approved Botanical publications, together with the most approved Indian methods of using roots and herbs, by which every one may truly be said to be his own Physician, and enjoy a sound mind in a sound body at a cheap rate.

BY DOCTOR L. SPERRY.

CORNWALL, VT.
PUBLISHED BY THE AUTHOR.

1843.



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P R E F A C E .

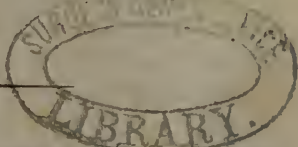
The ever active and inquiring mind will frequently discover the finger of Providence in the most trivial accident. Thus, a gentleman, walking some years since in a grove of Pines, at a time when a distemper prevailed causing little pits, or sores, on the mouth, observed a drop of natural gum fall from the tree into the book which he was perusing ; this he took up and thoughtlessly applied it to one of the small sores ; finding the pain to cease, he applied it to another with the same happy effect. The same remedy he afterwards recommended to others ; and in no instance, did it fail to effect a speedy cure. And doubtless other remedies have been thus casually discovered in every age and nation. Thus far, Physic was wholly founded on experiment. The European, as well as the American, said to his neighbor : Are you sick ? Drink the juice of this herb and your sickness will be at an end. Are you in a burning heat ? Leap into that river and then sweat until you are well. Has the snake bitten you ? Chew and apply that root and the poison will not hurt you. Thus ancient men having little science, with common sense and common humanity, cured both themselves and their neighbors of most of the distempers to which every nation was subject ; but in process of time, discerning men had found in the Mineral Kingdom more subtle and active agents, which, notwithstanding their danger, were substituted by the polite nations, until in a course of years the greater part of them were forgotten. *Materia Medica* took the place of plain common sense, and technicalities obscured the science from common observation. Physicians now began to be looked upon with wonder, admiration, and as almost superhuman. Profit, as well as honor, attended their employment, so that they had two weighty reasons for keeping the mysteries of their profession from the public eye. Even the ingenious and learned Doct. Cheyne, who doubtless would have communicated much more to the world but for the reason he gave one of his friends who pressed him with some passage in his work, which too much countenanced the modern practice, says : " Oh, sir, we must do something to oblige the Faculty, or they will tear us in pieces."

Without any regard to this, or caring to oblige or disoblige any man living, a weak, though honest endeavor, is here made towards curing most diseases. I have alone consulted experience and common sense, and the common interests of mankind in general; and if they can be cured in this safe and easy way, who would desire to use another? Who would not wish to have a safe Physician always in his own house, and one that attends without fee or reward, able in all cases, except, indeed, in some extremes, to prescribe to his family as well as himself? I think it is needful in the highest degree to secure men from the jaws of destruction—from wasting their fortunes, as thousands have done, and continue to do daily—from pining away in sickness and pain, either through the ignorance or knavery of Physicians; yes, and many times throw away their lives.

In the following work I have purposely set down several remedies for the same disease, for the reason not only that all are not equally easy to be obtained at the same time and place; but also, for the reason that a medicine that agrees with the constitution and will cure one person, will not another; nor will the same have the same beneficial effect with the same person, one time as at another; therefore, a variety is necessary. And now permit a word by way of advice. Abstain from all mixed and high seasoned food; use plain diet, easy of digestion, and that sparingly, as consistent with health and comfort; drink water only; use as much exercise daily in the open air as you can without weariness; go early to rest and rise betimes. To persevere steadily in this course, is oftentimes more than half the cure. Above all, add to the rest—for it is not, I assure you, nor will it be labor lost—that old fashioned Medicine, Prayer; and have faith in God who killeth, and who maketh alive, who turneth man to destruction, and who saith return, ye children of men.

INTRODUCTION.

During the experience and observation of many years, I have had various opportunities of testing the virtues of the following remedies, and I have found them most efficacious. I presume many others are of equal virtue, but it has not lain in my way to make trial of them. In the course of my travels, I have not only had an opportunity of learning the various remedies made use of in *nine* different tribes of Indians, but have had occasion to collect several other remedies, tested either by myself or others, which are inserted under their proper heads. Some of them I have found to be of uncommon virtue, equal to any of those which were never before published. One grand advantage which most of these medicines have above those commonly used, is this: you may always be sure of having them good in their kind—pure, genuine, and unadulterated. But who can be sure of this when the Medicines he uses are compounded by an Apothecary? Perhaps he has not the drug prescribed by the Physician, and so puts in its place what he thinks will do as well; if he has it, it may be stale and perished, yet he cannot afford to throw it away. Perhaps he cannot afford to make up the Medicine as the dispensatory directs and sell it at the common price, so he puts in cheaper ingredients; and you take, neither you nor your physician know what. How many inconveniences must this cause! how many constitutions are ruined! how many valuable lives lost! Whereas, all may be prevented by a little care, and common sense in the use of the plain medicines and simple remedies here collected.



No. 1.—*A good Sirup for Consumption, Liver Complaint, and a Cough, by A. Bennett.*

Take four oz. of Squills, and four oz. of Seneca Snake Root, pulverized fine; put it in to eight pounds of water, simmer it to six pounds, add one grain of Emetic Tartar to each oz., stir it when warm, and it is fit for use. One table spoonful three times a day.

No. 2.—*For a Burn or Scald.*

Take common Tar, spread it on a cloth, put some oil on first, then apply it immediately, and it will prevent blistering, and it is good for a frost-bite. This is the best medicine ever used.

No. 3.—*A sirup to strengthen females.*

Take one-fourth pound of comfrey root, dried, two oz. of elecampane root and one oz. of hoarhound; boil from three quarts to three pints of soft water, strain and add while warm, half an oz. of beth root, pulverised; also, a pint of brandy and a pound of loaf sugar. Dose—From half to two thirds of a wine glass full three or four times a day. This sirup is good in female weakness generally. Another good medicine is Solomon's seal, and life-of-man, made in a sirup and sweetened with honey.

No. 4.—*Rheumatic Drops.*

Take one gallon of good fourth-proof brandy, or any kind of high wines, one pound of gum myrrh, pounded fine, and put them into a stone jug and boil them a few minutes in a kettle of water, leaving the jug unstopped; when settled, bottle it for use.

No. 5.—*For the King's Evil.*

The King's Evil may be cured by a plant called king's evil weed. It grows in wild, shady lands, under almost all kinds of timber, and is in the form of the plantain, but the leaves are smaller and are spotted, green and white—a very beautiful plant. When it goes to seed there comes up one stalk in the middle of the plant, six or eight inches high, and bears the seed on the top of the stalk in a small round bud. Take this plant, root and branch, pound it soft, and apply it to the tumor, for the poultice or salve, and let the patient drink tea made from the same, for constant drink. If the tumor is broken, simmer the roots and leaf in sweet oil or mutton tallow; strain it off, and add to it bees-wax and rosin, until hard

enough for salve. Wash the sore with liquor made from the herb boiled, apply the salve, and it will not fail of a cure.

No. 6.—*The best remedy for Rattles in children.*

Take blood-root, powder it, give the patient a small teaspoonful at a dose ; if the first does not break the bladder, in half an hour repeat again three times. This has not been known to fail of curing.

No. 7.—*Valuable remedy for the Bilious Cholic.*

Take of West-India rum, one gill ; of West-India molasses, 1 gill ; of hogs-lard, 1 gill ; and the urine of beast, one gill ; simmer well together. The composition will seldom fail of effecting a cure.

No. 8.—*Fever and Ague.*

One handful of horsemint, 4 oz. of tall mullein root, scraped fine, 4 oz. of gentian or stink weed root, scraped fine, 3 red pepper pods, the whole to be boiled in three quarts of water down to three pints ; then strain it, and sweeten. One half to be taken at the first symptom of the shake, as hot as possible ; the other half to be taken in half an hour.

No. 9.—*Dysentery.*

Make good tea of shumac berries ; give it once an hour as occasion may require.

No. 10.—*Cancer.*

Take ash bark, burn it to ashes on a rock ; then make lye and boil it to salts, and when the cancer is raw, pound the salts to powder, and put on a little ; if there is proud flesh, make a salve of red clover, picked when in full bloom, and boil it about three hours, then press and strain it, and boil gently. When reduced to about a pint, put it in an earthen vessel and simmer it gently, being careful not to burn it.—Spread a plaster on a linen cloth and apply it to the cancer. Make tea of clover heads for constant drink. Wash the sore with the same, at every dressing.

No. 11.—*Felon.*

Blue flag root, and wild turnip root, a handful of each stewed in half a pint of hog's lard; strain it off, add to it four spoonsful of tar, and simmer well together. Apply this ointment to the felon, till it breaks. Add bees-wax and rosin to the salve, to dress it with after it is broken. 'This is an infallible cure without losing a joint.

No. 12.—*Salt-Rheum.*

Take swamp sassafras bark, boil it in water very strong, take some of the water and wash the part affected; to the remainder of the water add hog's lard, and simmer it over a moderate fire till the water is gone. Oint the part affected, after washing, (continued four days) never fails of a cure.

A Sirup to take for the above.

Bark of tag alder and root of dwarfelder, bark of black cherry and buck-thorn, equal quantities, boiled strong and sweetened with loaf sugar. Take a table spoonful three times a day.— Take of sulphur two parts, cream of tartar one part, mix in molasses, take a tea spoonful three mornings running, then miss three, continue until taken nine mornings, then miss nine, and go over the process again. For a wash, Epsom salts dissolved in soft water, wash the parts affected, with a linen cloth, twice or three times a day, For a salve take cow-slips, one pailful, boil in fresh soft water until tender, skim out the herb and add to the liquor one tea cup full of fresh lard, simmer to an oil; after washing with the salts, annoint the parts affected, and wear linen next the skin. And it is a sure cure; so say the Indians, and so can thousands attest who have been cured of this complaint.

No. 13.—*A certain cure for a fever sore.*

Take half of a pound of rosin, half a pound of bees-wax, half a pound of lard, two ounces of oyster shells, burn them to lime, pulverise it fine, sift it through a fine cloth, put the whole into a kettle, simmer it over a moderate fire, then strain it, stir it until cold, then spread a plaster and apply it to the sore. Bathe and soak the sore three times a day with butter-

milk, to keep the inflammation out. This is a certain cure, and is from the Seneca tribe of Indians.

No. 14.—*Best salve for sore breasts.*

Take 1 lb. of tobacco, 1 lb. spikenard, half a pound of comfrey, and boil them in three quarts of chamber lye, till almost dry, squeeze out the juice, add to it pitch and bees-wax, and simmer it over a moderate heat to the consistency of salve—apply it to the parts affected.

No. 15.—*Salve for a burn.*

Take wild lavender, the green of elder bark, chamomile, and parsley, and stew them in fresh butter, strain off and add to it bees-wax, rosin and white decalon, equal parts. If a burn is of long standing and discharges very much, take mutton suet before it is tried, pound it up with chalk to the consistency of salve. This cures the most inveterate sores of the kind.

No. 16.—*Regulation.*

One pint of proof spirits, 4 oz. gum guack, one fourth of an oz. of allspice, aqua ammoniac two tea spoonsful; pulverize the gum and the spice together, and add the whole; let it stand three days before using. Take one tea spoonful three times a day, before eating.

No. 17.—*For female weakness.*

Take half a pound of cat-tail flag roots, half a pound of blue flag roots, pulverize them and steep in one pint of gin. Strain, and it is fit for use; half a wine glass full three times a day, for a dose.

No. 18.—*For weakness in either sex.*

Make a sirup of Solomon's seal roots, and life-of-man roots, and sweeten it with honey, and drink freely and frequently.

No. 19.—*An ointment to supple stiff joints, and sinews.*

Take a pound of hog's lard, put into it a small handful of melilot green, or trefoil, or lotus urbana, stew it well together,

strain it off, and add to it one oz. rattle-snake's grease, one oz. olive oil, ten drops of oil of lavender, mixed well together. Oint three times a day, and rub it well with the hand.

No. 20. — *To cure the bite of a rattle-snake.*

Take green hoarhound tops, pound them fine, press out the juice, let the patient drink a table spoonful of the juice, morning, noon, and night, or three times in 24 hours; apply the pounded herbs to the bite, change the same twice a day. The patient may drink a spoonful of olive oil. This seldom fails of curing.

No. 21. — *A cure for the Itch.*

Take half a pound hog's lard, four oz. spirits of turpentine, two oz. flour-sulphur, and mix them together cold; apply it to the ankles, knees, wrists, and elbows, and rub it on the palms of the hands; if there be any raw spots, apply a little three nights when going to bed.

No. 22. — *Ring Worm.*

Take blood root, slice it fine, and put it in vinegar; wash the parts affected with the liquor and it will cure.

No. 23. — *Tooth-Ache.*

Take of kreosote or the oil of smoke, wet lint or cotton wool with this, and put it into the hollow of the tooth; and it will cure.

No. 24. — *Deafness.*

Drop into the ear eel's oil, two or three drops, then stop the ear with fine wool, and repeat the dose until it cures.

No. 25. — *Bruise or Cut.*

In the first place bind on tobacco leaf moistened, keep it on one hour; then take it off and put on weak lye or bathe in the same fifteen minutes, then put on fine salt, keep it on an hour, and it will take the soreness out and prevent taking cold; then put on a healing salve, or plaster, and it will effect a cure.

No. 26.—*An Indian cure for deafness, sprains, stiff joints, and rheumatism.*

Take green frog's eggs or spawn, or bull-frogs eggs, you will find them early in the spring, where they first sing, you will find the eggs in clusters; gather quite a quantity, put them into a bottle or jug, cork it tight, keep it in a warm place, and it will turn to pure oil; it is said to be the best and most useful of any in the world.—*Dr. Sam, of the St. Regis Tribe.*

No. 27.—*Valuable remedy for inveterate sore legs.*

Take the bark of carron wood or shrub maple, boil it very strong, take part of the liquor and boil it down to salve, and wash the part affected every time it is dressed. Apply new salve twice a day. Make tea of the same and drink three times a day.

No. 28.—*Red salve for swellings in their first stages.*

Take linseed oil one pound, sweet oil or fresh butter, half a pound, put on the fire and boil, then slack the heat, and add to it two pounds of bees-wax, one pound of rosin, and stir them together till cold.

No. 29.—*Foote's Ointment.*

Take one pound of hog's lard, one pound of mutton tallow, half a pound oil spike, and heat them over a moderate fire until united, then add as much bees-wax and rosin, as will make it into salve; this is the renowned Foote's Ointment—and cures all common sores where there is no inflammation.

No. 30.—*A cure for Warts on any part of the body.*

Make a strong solution with corrosive sublimate, wet the wart three or four times a day—never fails of curing.

No 31.—*A female strengthening Sirup.*

One oz. red cherry bark, one oz. of butternut bark, and four oz. of the bark of rose willow, boil in four quarts of soft water, add one quart Madeira wine, and six oz. loaf sugar,

strain, and it is fit for use ; take one wine glass full three times a day before eating. ☞ Omit at particular circumstances.

Or boil one pound rose willow bark, in six quarts of water to three, add three pints of port wine, and four oz. of loaf sugar. Dose, one wine glass full three times a day.

No. 32.—*Another.*

Four oz. comfrey root dried, or eight oz. green, four oz. of elecampane root, and one oz. of hoarhound, boil it in three quarts of water to three pints, add when warm, half an oz. of beth-root pulverized, let it stand two hours, then strain it, add one pint of brandy, and half a pound of loaf sugar. Dose, half a wine glass three times a day.

No. 33.—*Whites.*

One pound spikenard, one half pound of white cahush, half a pound of blue cahush, half a pound of sarsaparilla root, half a pound of black cherry bark, black birch and beach bark, of each half a pound. Boil them in six quarts of water down to three, strain it, and add half a pint of gin and half a pint of molasses. One wine glass three times a day.

No. 4.—*An excellent family bilious pill.*

This pill made frequent use of prevents all kinds of fevers. Take one pound sweet rind aloes, four oz. jalap, four oz. pulverized blood-root, two oz. cloves, and two oz. of saffron, and beat them all to a fine powder ; pill them with molasses, mixing them well in a mortar. The common way of using them, is to take one every night, the bigness of a pea, if you have a bilious habit ; but if you wish to have them act as a physic, take four or five on going to bed. They give no pain in the operation.

No. 35.—*For the tooth ache if the tooth be hollow.*

Take gum opium, gum camphor, and spirits of turpentine, equal parts, rub them in a mortar to paste, dip lint in the paste and put it in the hollow of the tooth every time after

eating. Make use of it three or four days and it will generally cure the tooth from ever aching.

No. 36.—*Bilious Cholic.*

Take the before mentioned bilious pill, (*see No. 34*) add to it half the weight in calomel; give four or five pills and repeat the dose, and it is a certain cure for the bilious cholic. Or take mandrake roots, dried and pulverized. This must be repeated several times.

No. 37.—*Canker in the mouth.*

Take one pound of fresh butter, put it into an earthen vessel, well glazed, set it on the fire and let it boil; while boiling, add to it four common green frogs, put them in alive, let them stew until the frogs are dry, then take them out, add to it a little camomile and parsley; when cold, stir in a little burnt alum, pulverised, and if the fever is high, give a little rattlesnake's gall, dried in chalk. This will cure the most inveterate canker in the mouth, throat or stomach.

No. 38.—*Cure for the Stone or Gravel.*

The expressed juice of green or dry horsemint and of red onions, one gill of each, mixed, to be taken every morning till the complaint is removed.

No. 39.—*Indigestion in the Stomach.*

Take gizzard's peelings, dry them, pulverize them, and take a tea spoonful at a dose and it will answer a good purpose in a relaxed state.

No. 40.—*For the Summer Complaint.*

This medicine has been used for sixteen or seventeen years, and has proved good in most cases. Take one drachm of calcined magnesia, twenty grains of pulverized rhubarb, one drachm of loaf sugar, four table spoonsful of rain water, and ten drops of peppermint. Give a child, one year old, one tea spoonful every hour till it operates.

No. 41.—*Inflamed Eyes.*

Take one ounce of white vitriol, one ounce of rock salt, put them into a quart bottle, fill up the bottle with soft water, put it in a warm place, shake it often for twenty-four hours, and it is fit for use.

No. 42.—*A medicine to cure inward Ulcers.*

Take of sassafras root bark two ounces, coltsfoot root two ounces, blood root one ounce, gum myrrh one ounce, winter bark one ounce, suckatrine aloes one ounce, steep them in two quarts of spirits, and drink a small glass every morning, fasting.

No. 43.—*Flying Rheumatism.*

Take prince's pine tops, horse radish roots, elecampane roots, prickly ash bark, bitter sweet bark off the root, wild cherry bark and mustard seed—a small handful of each, one gill of tar water to a pint of brandy, or the same proportion. Drink a small glass before eating three times a day.

No. 44.—*Valuable remedy for Wind-Cholic, in women and children.*

Take equal parts of ginseng and white root, half as much calamus or angelica seed, dry them, pound them very fine, and mix them together. A tea spoonful is a dose for a grown person; for children, less according to their age. Repeat the dose once in half an hour if required. They rarely if ever fail.

No. 45.—*Bilious Cholic.*

One pound of common milk weed root, green, or half a pound dry; pound it, boil it in one quart of water down to half a pint. Take half of it at a dose. But if a person should be taken violently, dig roots enough to fill a pint basin, pound it and pour on boiling water so as to get the strength. Strain and drink it as soon as you can, and it will cure when nothing else will. I have tried it on myself and others, and

it has never failed of effecting a cure, to my knowledge, in fifteen minutes.

No. 46.—*Gravel or Stone in the Bladder.*

Half a pound celandine, root and branch, half a pound of red raspberry leaves, steep them in a half a pint of gin, and sweeten it well with honey. Drink freely of it and it will cure.

No. 47.—*Hectic Cough.*

Take three yolks of hen's eggs, three spoonful of honey and one of tar; beat them well together, add to them one gill of wine. Take a tea spoonful three times a day before eating. Or a sirup made of barley, turnips, and elecampane; boil them in fair water, three quarts to a pint of barley, one pound turnips, four ounces of elecampane; boil it down to one pint, add to it one pound of honey or loaf sugar, and half a pint of brandy. A table spoonful is a dose three times a day. Or wild liquorice half a pound, brook liverwort half a pound, elecampane two ounces, Solomon's seal four ounces, spikenard half a pound, gumfire four oz., boiled in four quarts of water to one; add to it two pounds of honey and one pint of old spirits. Half a glass is a dose before eating.

No. 48.—*Erysipelas, or St. Anthony's Fire.*

Make egg wine, rich and good for drinking; drink a part of it and wash the part affected with the other. This is a valuable remedy.

No. 49.—*Cancer Plaster.*

Take the heads of red clover, fill a brass kettle, boil them one hour, then take them out, and fill the kettle with fresh ones, boil them as before in the same liquor; strain it off, and boil it over a slow fire, until as thick as tar; be careful not to burn it, and it is fit for use. When used take a bladder or a piece of silk and spread on the salve, and apply it to the parts affected; it will cure cancers, sore lips and old sores.

No. 50.—*Nerve ointment.*

The bark of bitter sweet-root two parts, of wormwood and camomile each one part, when green, or if dry moisten with hot water, put in any kind of soft animal oil, then simmer it down almost as thick as hog's lard, then strain it off, and add one ounce of spirits of turpentine to each pound of ointment; it will cure a callous bruise, sprains or corns.—By L. Mecher Day.

No. 51.—*Rheumatism in the loins.*

The oil of sassafras used internally and externally; ten drops on loaf sugar is a dose. Oint the part affected with the same. Repeat it as often as needful. Or sit over hemlock boughs, and drink poke berries steeped in brandy, for three weeks every day. Only sit three times. Or shower with cold water and drink brandy all the time; or drink brandy and bathe the part affected, with salt and rum, hot as can be borne, by a fire. Repeat it six days.

No. 52.—*Quinsy.*

Bleed under the tongue in the first stage of it, and sweat the throat and neck with cardis, a thorny herb growing in gardens. Boil it in milk and water, and sweat powerfully three or four times. This has not failed in one instance to cure.

No. 53.—*Remarkable plaster to ease the pain of felons, or any such kind of tumor.*

Get a pitch-pine knot from an old log, the side next to, or in the ground, split the knot fine, boil out half a pound of pitch; take four ounces of strong tobacco, boil the liquor, simmer it over a moderate heat, stir it all the time till it forms a salve altogether. Lay the plaster on the wrist if the tumor is on the hand or fingers; if on the foot or toes, lay the plaster on the ankle; or wherever it may be, lay it above the next joint.—This will take out all the pain in a short time. Dress the sore with any other proper salve. This cure is infallible.

No. 54.—*Phthisic.*

Take four oz. of hen's fat, and a seed bowl of skunk's cabbage, that grows at the bottom of the leaves, close to the ground, cut it fine, stew it in the fat till it is dry, then strain it off. A tea spoonful is a dose to take three times a day. Make a sirup of white swamp honey; add to it a quart of sirup and half a pint of brandy.

No. 55.—*To cure a wen.*

Take clean linen rags, burn them on a pewter dish, and gather the oil on the pewter with lint, cover the wen with it twice a day. Continue it for some time, and the wen will drop out without any further trouble.

No. 56.—*Female bitters.*

Take of cranes-bill 4 oz, comfrey 4 oz, beth-root 4 oz, orange peel one ounce, cinnamon half an ounce, well pounded and infused in three quarts of good wine, and sweetened with honey. This is very useful in cases of debility, flour-albus, and immoderate flow of the menses. For a dose, half a wine glass three times a day.

No. 57.—*Excellent remedy for the asthma.*

Spikenard root two ounces, sweet flag root two ounces, elecampane root two ounces, common chalk two ounces, beat very fine in a mortar, add to it a pound of honey, and beat it well together. A tea spoonful is a dose, three time a day.

No. 58.—*Another.*

Vomit when necessary with lobelia or blood root, and skunk cabbage root pulverized, and taken in molasses; for the dry asthma, raw garlic.

No. 59.—*Excellent pill for the hysterics.*

Take a quantity of white root, otherwise called Canada root, boil it in soft water, when it is boiled very soft, strain out the roots, and boil them to the consistence of a thick paste,

so that it may be pilled. Let the patient take two or three pills at a dose, when the disorder is coming on.

No. 60.—*Bleeding at the stomach.*

Take a pound of yellow dock root, dry it thoroughly, pound it fine, boil it in a quart of sweet milk; strain it off, drink a gill three times a day. Take a pill also of white pine turpentine, every day, to heal the vessels that leak.

No. 61.—*Dropsy.*

Half a pound of blue flag root, half a pound of elecampane root, boiled in two gallons of water to one quart, sweetened with one pint of molasses. Let the patient take half a pint a day, before eating.

No. 62.—*An ointment for scrofula, sores, burns, &c.*

One handful of live-for-ever, root and branch, the same quantity of shumac bark and twigs, one handful of rose leaves, one handful of sweet elder bark, boil them in three quarts of water, simmer it down to a pint, and strain it off; add 2 oz. rosin, 2 oz. Barbary tallow, 2 oz. Burgundy pitch; add two quarts of cream, stir it well together and simmer it, then strain it off, and it is fit for use.—By Doctor Sweet.

No. 63.—*To cure a swollen limb.*

Take beech leaves one pailful, boil them in four quarts of water down to one. Bandage the limb with flannel, keep it wet twenty-four hours, and it will take the inflammation out and take the swelling down.

No. 64.—*An Indian cure for the same.*

Take smart weed, boil it strong, and use it as above mentioned.

No. 65.—*Canker Rash.*

White birch root pulverised very fine, given in small doses, three times a day. Make a tea of the same for constant

drink ; for the fever give rattle-snake's gall, three grains at a time.

No. 66.—*Hemorrhage, or bleeding.*

Take a handful of blood weed, it grows in old fields, and is called by some horse-tail, or white-top, is about waist or shoulder high, one stalk from the bottom, and has a very bushy top ; when it is green, pound it and press out the juice and give the patient a table spoonful at a time, once an hour until it stops ; if it be dry boil it very strong, take three or four spoonsful at a time.

No. 67.—*Gravel in the bladder or kidneys.*

Make a strong tea of the herb called heart's ease, drink plenty. Or take roots of Jacobs ladder, and make a very strong tea, drink freely. It is a most certain remedy. Jacobs ladder is a vine that often grows in rich intervale near a bush that stands near grass land. It comes up with one stalk about breast high, then springs off into a number of branches covered with green leaves, and the fruit is a large bunch of black berries, when ripe the bunch hangs down under the leaves by a small stem. This has been proved to be the best cure that has been found.

No. 68.—*A cure for relaxed muscles and callouses.*

Take 2 ounces of gum camphor, 2 ounces of spirits of turpentine, 2 ounces of saleratus, 4 ounces of rock salt, 3 ounces of soft soap, simmer in three quarts of chamber lye, till it forms to an oil. Put one pint of acohol or the same quantity of proof brandy, and one gill of beef's gall. It is one of the greatest salves ever used.

No. 69.—*To stop the bleeding of a wound of the lungs or stomach.*

Take beth-root and a herb called horse tail, dry them, and pulverize fine, for the stomach, take half a tea spoonful at a dose in molasses ; and snuff it for the nose-bleed.

No. 70.—*Valuable remedy for the piles.*

If the piles are outward, make an ointment of camomile, sage, parsley, & burdock, the leaves of each—simmer them in fresh butter, or hog's lard and sweet oil. Anoint the parts with it, and drink tar water, half a gill, three times a day. But if they are inward or blind piles, drink tar water twice a day, and essence of fir every night, going to bed, half a small glass. This effects a cure in about two months.

No. 71.—*For the tooth ache, if the tooth be hollow.*

Put into the hollow a piece of blue vitriol, as much as the hollow will contain. Repeat it several days and it will kill the marrow.

No. 72.—*Eyrisipelas.*

Green elder bark, 2 ounces, apple pern, one ounce, red stem plantain, 2 ounces, and the bark of shumac root, 3 oz., pound them, and boil in 2 quarts of soft water down to 1 pint. Strain and simmer in one pound of hog's lard, and it is fit for use.

No. 73.—*An Indian cure for worms.*

Take a quantity of white ash sprouts, and a handful of wild white poplar bark, boil it in a gallon of water, down to one quart, then put in half a pint of West-India molasses, half a pint of brandy, and give a child from one to three years old, one table spoonful three times a day, before eating. Continue this one week, and it is a sure cure.

No. 74.—*For the common canker.*

Take canker root, or cold water root, so called because used with cold water, wash the tumor with it, and drink it.—This root grows in rich soil, in meadows, by fences, stumps, or log heaps. It comes up with a stalk from the ground, a yard or two high, and then branches out very large. Its leaf is like clover. The top of the root is as yellow as gold, in a bunch, then branches out into many fibres, something like plantain.

No. 75.—*Whooping cough.*

A sirup made of elecampane root and honey, four ounces of the root, to half a pound of honey. Bake in a well glazed earthen pot, in an oven half hot ; if the root be green, it needs no water ; if dry add half a pint of water. A tea spoonful for a child, add a little more if older, three times a day.

No. 76.—*Quinsy in the throat.*

Sweat the throat with spotted cardis boiled in milk and water, by holding a pot of it under the throat as hot as can be borne, and hold some of it in the mouth, and when the swelling is gone down, wear a piece of black silk about the neck constantly, it will prevent the quinsy from coming again.

No. 77.—*Sure remedy for sore nipples.*

When the infant stops sucking, apply a plaster of balsam fir. It will cure in three or four days.

No. 78.—*Cure for itching heels, or feet,*

Take any kind of tallow, tallow the part affected, and rub it in by a hot fire, on going to bed. Repeat it three or four times.

No. 79.—*To cure the canker in the mouth, throat and stomach.*

Take three or four green frogs, the hind parts, and dress them ; then boil them and make a kind of broth, then wash the mouth and throat, and let the patient drink it, and it will cure.—Dr. Johns of the St. Regis Tribe.

No. 80.—*Dropsy.*

Take half a pound milk weed root, 4 ounces of dandelion, 4 ounces horse-radish root, 4 ounces mustard seed, 4 ounces sweet elder bark, 4 quarts of water, boil it half a day, and strain. Add half a pint Holland gin, and half a pint West-India molasses, and it is fit for use. Take one wine glass full

three times a day: this has cured many, when nothing else would.—From the Oneida Tribe.

No. 81.—*Preservative against all sorts of bilious fevers.*

The fulness of bile is the cause of all sorts of fevers, jaundice, bilious cholic, and cholera-morbus. Physic often with blood-root, and mandrake root, mixed together; make small beer with elder roots, spruce boughs, burdock roots, hops, white ash bark, sarsaparilla roots, and spikenard. Make bitters with unicorn roots and bark, of white wild roots, and the yellow dust of hops. If a family will continue this method they will never be troubled with fevers.

No. 82.—*Convulsion Fits.*

Take convulsion roots, make a tea of them, and drink freely, or powder them, and take the powder in small doses. Convulsion root grows on timber land, and comes up in July, with a bunch of white stalks about six or eight inches high, with a little knob at the top. It has no leaves. The top and roots are fit for use. The root is a bunch of small fibres, very numerous, and full of little knobs the size of a mustard seed.

No. 83.—*Consumption.*

Take half a bushel barley malt, put it into a tub, take six pails of water, make it boil, pour it on the malt, let it stand six hours, take half a bushel white pine bark, one pound spikenard root, one pound Syria grass, boil them in the water where the malt is soaked—half away; then put it into a keg, add yeast or emptyings to it, let it ferment, then bottle it up, and drink one pint a day.

No. 84.—*For rickets in children, in the bowels.*

One ounce of rhubarb powdered in an ounce of encevini-ris, put to one quart of wine or brandy. If the child is a year old, it may take a tea spoonful at a time; if older take more, and half a gill for an adult. If any part of the body

affected with the distemper, bathe the part with brandy, and drink turkey root steeped in wine, three or four times a day.

No. 85.—*For swellings that appear of themselves.*

An ointment made of alder tags, and sugar-of-lead, simmered in hog's lard, melilot and saffron simmered all together. Strain off, and anoint the part affected, it will scatter the swelling, if applied in time. Give the patient something to guard the stomach, before ointing.

No. 86.—*For cleansing the blood.*

Take white ash bark, white poplar bark, burdock roots, and black cherry bark, simmer them together, and make a constant drink of it, and it will cleanse the blood, and cure tumors on the body.

No. 87.—*Another.*

Take a quantity of sweet fern roots and leaves, boil them in six quarts of water; add 2 ounces of Epsom salts; drink freely of it, and it will cure biles before they come to a head.

No. 88.—*Excellent poultice for inveterate sores.*

Scrape yellow carrots, wilt them on a pan or fire shovel, very soft. It takes out the inflammation and the swelling, and is an excellent poultice for hard breasts.

No. 89.—*Excellent cure for inward hurts or ulcers.*

Take elecanpane, comfrey, sp kenard, masterwort, angelica, and ginseng roots, of each a pound, boughs of fir two pounds, camomile one pound; put them into a still with a gallon of rum, and two gallons of water, draw off six quarts, drink a small glass full night and morning.

No. 90.—*An excellent essence.*

This essence is good for all sorts of inward weaknesses, inward fevers, coughs, or pain in the side, stomach or breast.

Take twenty pounds of fir boughs, one pound spikenard, four pounds red clover, put them into a still, with ten gallons of cider, draw off three gallons, drink half a gill night and morning.

No. 91.—*Diabetes.*

Take a wether sheep's bladder, put it into a glass bottle, that will hold about a quart, fill it up with good Madeira wine, let it stand forty-eight hours, then drink three or four times a day, about half a gill at a time. A deer's bladder is preferable.

No. 92.—*For stoppage of urine.*

Take a spoonful of honey-bees, as much of currant bushes, steep them in hot water very strong, drink two spoonfuls at a time, every half hour.

No. 93.—*Sore eyes.*

White vitriol one tea spoonful, sugar-of-lead one tea spoonful, gunpowder two ditto. Add one quart of soft water, mixed and shook well together, six or eight times. Wash the eyes three times a day. An infallible cure

No. 94.—*Dropsy.*

Sassafras bark, off the root, one pound, prickly ash bark 1 pound, spice wood bush half a pound, three oz. of garlic.

No. 95.—*To stop a fever sore from coming to head.*

Sweat it with flannel cloths dipped in hot brine. The cloths must be changed as often as they are cold, for three hours; then wash in brandy, and wrap in flannel, repeat it three or four times.

No. 96.—*To cure a sprain, in man or beast.*

Take the whites of three hen's eggs, half a pint of vinegar, two spoonfuls of salt, beat well together and apply to the parts affected; bathe them well, and put on flannel.

No. 97.—*For the cramp in the stomach.*

Take a tea spoonful of saleratus pulverized, one table spoonful of molasses, stir it well together, take it all at a dose.

No. 98.—*Composition powders. No. 1.*

Take beef's gall dried and pulverized, one large spoonful, of aloes, myrrh, rhubarb, gamboge, jalap, golden seal, mandrake, and blood root, of each four tea spoonsful. Of nutmeg four tea spoonsful, of cloves, alspice, cinamon, ginger, eight tea spoonsful each, of cayenne pepper two tea spoonsful, and in the same proportion for making any greater or lesser quantity; all made fine and sifted through a close sieve, of which one tea spoonful is a dose for an adult, and children in proportion.

No. 99.—*Composition. No. 2.*

Take of beef's gall dried and pulverized one large spoonful, of aloes, myrrh, rhubarb, gamboge, jalap and golden seal, four tea spoonsful each; of blue flag, mandrake and bitter root, five tea spoonsful each, of nutmeg, cloves, alspice, cinnamon, ginger and cayenne pepper, four tea spoonsful each; and the same proportions for a greater or lesser quantity; all made fine and sifted through a close sieve. Half a tea spoonful is a dose for an adult, mixed in molasses, taken in the morning, fasting.

No. 100.—*Canker, No. 3.*

Make a tea of red raspberry leaves, witch hazel bark, or hemlock bark, either separate or together, may be used; it is good for injections for the piles. Drink freely of the tea for a sore mouth or throat; add one tea spoonful of lobelia, or half a tea spooful of cayenne pepper, for cramps, fits, spasms, lock-jaw, or any violent case.

No. 101.—*Wine bitters, No. 4.*

White wood bark, poplar bark, pleurisy root and inner bark of black birch, equal parts; of bitter root or wandering milk

weed and gentian, one half of each ; boil all together in soft water to a strong decoction, then strain and boil them again until the strength is all obtained ; then strain and boil down to a strong lye, then add one oz. of ginger to each gallon and cayenne pepper enough to make the tongue smart. Add as Malaga wine, as you have decoction, and after sweetening a little, strain off the whole through a flannel cloth ; let it stand to settle, bottle it up, and take a wine glass full, three times a day. For pain, take one or two tea spoonsful of No. 6, in each dose. These bitters are good for all the complaints of men, women and children, such as worms, fever and ague, intermittent fever, cold hands and feet, wind cholic, dysentery, liver complaints, weaknesses, &c.

No. 102.—*Composition powder, No. 5.*

Blue flag one pound, sarsaparilla three pounds, guaiacum shavings three pounds, sassafras root and bark two pounds, elder flowers two pounds ; add 1 gal. cheap spirits, and one gallon of water, boil and pour off the liquid, then add water repeatedly and boil till the strength is obtained. Strain and reduce to eighteen porter bottles, then add thirty pounds of clarified sugar. Let it stand twenty-four hours to settle, pour off and bottle for use. Dose, a wine glass full three or four times a day.

No. 103.—*Composition, No. 6.*

Take one gallon fourth-proof brandy, or high wines, one pound gum myrrh, pounded fine, four oz. cayenne pepper, white root four ounces, put all in a jug, let it stand in a pot of boiling water uncorked, for six hours ; shake up occasionally, let it settle and bottle for use. Take from one to two tea spoonsful at a dose, for pain, and repeat if necessary. It is good for every complaint, internally and externally.

No. 104.—*Composition, No. 7.*

Two pounds of bayberry, one of hemlock, one of ginger, one of white root, four oz. cayenne pepper, two oz. of cloves,

all pulverized fine, and mixed. Dose, ~~one~~ tea spoonful in two-thirds of a tea cup full of warm water sweetened.

No. 105.—*Emetic or Lobelia.* No. 8.

Use leaves and pods of lobelia powdered fine, commonly from half to a tea spoonful may be taken in warm water sweetened, or the same quantity may be put in either of the other numbers of the composition powders, when taken.

No. 106.—*To stop vomiting.*

Take gum camphor, pound it, pour on boiling water, let the patient drink a spoonful every ten minutes. It must be sweetened with loaf sugar. Or take a handful of green wheat, or green grass, pound it, pour a little water on it, press out the juice, and let the patient take a spoonful, once in ten minutes.

No. 107.—*Lock-Jaw.*

When any person is taken with a lock-jaw, give him five grains of Dover's powders, then set him in a tub of hot water, as hot as he can bear it, bathe his head with camphorated spirits, let him sit or stand in the water as long as he can bear it without fainting, and bleed him if possible. Repeat this three or four times, when out of the water put him in a warm bed, wrapped in flannel.

No. 108.—*Palsy.*

When a person is taken with the numb palsy, let blood be taken if possible, give a table spoonful of flour of sulphur. once an hour, bathe the part affected with hartshorn, take 1 pound roll brimstone, boil it in four quarts of water to one quart, let the patient drink a table spoonful once an hour. If applied early, will finally carry it off.

No. 109.—*Poison, caused by running ivy, poison elder, or any other vegetable.*

Take rosemary leaves or blossoms, make a tea of them to drink morn or night, like bohea, or any other tea. Or take

wild turnips, if green, pound them and press out the juice, if dry, boil them in fair water, wash the part affected with the clear liquor. Take a part of the liquor, add a little saffron and camphor, and drink to cleanse the fluids and guard the stomach.

No. 110.—*For the spinevantosey that comes in the breast.*

Take spikenard root, comfrey root, yellow bark and tobacco, boil them in water very strong, take out some of the liquor to wash the tumor, add to the rest hog's lard or mutton tallow, bees-wax and rosin, simmer it over a slow fire, stir it constantly until it is a salve, apply to the sore. Physic with mandrake roots, three or four times.

No. 111.—*To cure inward ulcers.*

Sassafras root bark two ounces, colt's foot root two ounces, blood root two ounces, gum myrrh one ounce, steeped in two quarts of spirits. Drink a small glass every morning. Live on simple diet as much as possible. For constant drink, make beer of barley malt one peck, of spikenard root two pounds, comfrey root one pound, burdock root two pounds, black spruce boughs 5 lbs, angelic root one pound, fennel seed four ounces, for ten gallons of beer. Drink one quart a day. Let your exercise be light.

No. 112.—*Liver complaint.*

Take two pounds of dandelion roots and tops, when green, pound them and add one pint of liquor, strain it, and take two thirds of a wine glass one morning, and a glass of spring water the next, so continue for nine mornings, and it will relieve the complaint.—(Try it.) Or take one pound of dandelions, pound them so as to get the juice, take two pounds water cresses, simmer them together, add half an oz. licorice, and half a pint of gin; take half a wine glass full three times a day.

No. 113.—*For the catarrh in the head.*

Take yellow dock root, split it and dry it an oven, blood root, scoke root, four ounces of each, cinnamon one ounce, cloves half an ounce, pound them very fine, let the patient use it as snuff, eight or ten times a day. Every night smoke a pipe full of cinnamon mixed with a little tobacco, and sweat the head with hemlock, brandy and camphor; pour a little camphorated spirits and brandy in the liquor to sweat.

No. 114.—*Hive sirup.*

Take four ounces of squills, and four ounces of Seneca snake root, pulverize fine, put in eight pounds of water, boil down to four pounds; strain, and add four pounds of honey; boil it down to six pounds. Add one grain of emetic tartar to each ounce, stir it when warm, and it is fit for use. For a dose, take from one to three spoonful. This for consumption, a cough, and liver complaint.

No. 115.—*For an inflammation of the head.*

Take red beets, pound them very fine, press out the juice, let the patient snuff some into the head, and make a poultice of some of the beets and lay on the top of the head. For fever, use rattle-snake's gall, cream of tartar, head bitney.—Bleed as often as once a day. Physic with deer weed root, or wild mandrake root, with a little blood root. Keep strong drafts to the feet.

No. 116.—*Worm sirup.*

Ginger one ounce, senna one ounce, sage the same quantity, steep it in half a pint of gin, take one table spoonful three times a day, before eating.

No. 117.—*Another.*

Take blue flag root, one pound to one pint of gin; take one table spoonful three times a day, before eating.

No. 118.—*Take a film from a person's eye.*

Take sugar-of-lead, make it very fine, take an oat straw, cut it short so as to be hollow through, dip the end of the straw in the powder, and blow a little of it into the film, morning and night. After the film is almost consumed, apply to it a drop of hen's fat once a day until well.

No. 119.—*To cure a breach or burst on the body.*

Take four or five snails, that crawl about old rotten wood; you may often find them under loose bark that is moist, or on old rotten logs or stumps. Collect a parcel of them, enough to cover the breach, lay them on linen cloth, bind them on, and repeat it as often as the snails are dry. Let the patient drink turkey-root, cinnamon, cloves and maize, made into tea, or steeped in wine, three or four times a day. This well attended to, will perform a cure.

No. 120.—*To cure a scirrous jaw, swollen face, or scurvy in the mouth.*

Take prince of pine or scurvy grass, boil it in water, add to it rum and honey, hold it in the mouth as hot as it can be borne, and boil a large quantity of the herbs, and sweat the head over it.

No. 121.—*To make the best Turlington balsam.*

This balsam-of life is a most excellent medicine in consumptive complaints, and also for weakly females, in all stages of life. For a feverish stomach, let the patient take thirteen or fourteen drops in a glass of wine, in the morning, fasting. It strengthens the stomach, and kills the fever. It is good for pain in the stomach or side, and nourishes weak lungs, and helps a whooping cough. This balsam of life is made thus: Gum benzoin four ounces, gum storax three oz., balsam tehu one ounce, gum aloes, suckatine, one and a half ounces, gum albanum one and a half ounces, gum myrrh one and a half ounces, angelic root 2 oz., tops of John's-wort two ounces, pound all these together, put them into three pints

of rectified spirits of wine, in a glass bottle, let them stand in the spirits three or four weeks in a moderate heat, shake them once a day, strain it off, it is fit for use; and if the gums are not all dissolved, add a little more spirits to the same, then shake it, and let it stand as before.

No. 122.—*For a relaxation of the gut, or fundament in children.*

Break two or three hen's eggs, part the white from the yolk, take the yolks and put them into a frying pan washed clean from grease, set them over a slow fire, let them stand awhile, then turn them over and squeeze them until the oil comes out. Be careful not to burn them. Collect the oil, anoint the gut when it is down, then boil an egg very hard, let it be whole, and whilst warm wrap in a linen cloth, and bind it on the fundament, after you have put up the gut.

No. 123.—*To stop vomiting.*

Take clean cobs, burn them until they are red, then put them into water, let them soak until the strength is out, then drink of the liquor, and it will cure; it is good for the summer complaint.

No. 124.—*To make Spanish cement.*

Take one pound of gum shellac, put it into six quarts of water, and a handful of salt. Boil it until it dissolves, then skim it off into one pint of achohol, and it is fit for use.

No. 125.—*For common phthisic in children.*

Take four ounces of Seneca snake-root, four ounces of spikenard, four ounces parsley root, licorice-stick two ounces, boil them all together in four quarts of water; strain it off, sweeten with loaf sugar or honey, let the patient drink a small glass full night and morning.

No. 126.—*For a shrunk sinew, or stiff joint.*

Half an ounce of yellow bisilicum, half an ounce of green

melilot, half an ounce oil-amber, a piece of blue vitriol, as big as a chesnut, simmer them together to a salve or ointment, apply it to the part affected and the joint above. Repeat it often and it will perform a cure.

No. 127.—*For the diabetes.*

Take one pound of red willow bark, one pound red raspberry leaves, one pound celadine, boil them together in six quarts of water down to three. Strain, and add half a pound of honey; for a dose, take a small glass full three times a day. It is an infallible cure.

No. 128.—*Kiteredge grease, or ointment.*

Take one pint fourth-proof brandy, one pint neat's foot oil, one pint spirits of turpentine, to half a pint of beef's gall, half an ounce of camphor-gum; simmer together, and it is fit for use.

No. 129.—*Rheumatism.*

Take a handful of prince of pine, a handful of horse-radish roots, elecampane roots, prickly ash bark, bitter sweet-root bark, wild cherry bark, mustard seed, and a pint of tar water, put into two quarts of brandy. Drink a small glass every morning, noon and night, before eating. Bathe the part affected with salt and rum, by a warm fire.

No. 130.—*Remedy for weakness in the urine vessels, for children who cannot hold their water.*

For those so troubled, take good red bark two ounces, one quart of wine, steep the bark in the wine twenty-four hours; let the patient drink a table spoonful, if two or three years old; if older, a little more at a time. Or red beech bark, taken off a green tree, dry it well, pulverize it fine, and use it the same way.

No. 131.—*For the nose-bleed.*

Take common nettle roots, red blow, dry them, carry them

in your pocket, and chew them every day. Continue this three weeks.

No. 133.—*Liquid opodeldoc.*

Take one pint of alcohol, half a pint of brandy, 2 oz. camphor-gum, half an oz. of opium, one oz. of hartshorn, pulverize them, put into a bottle or jug, keep it in a warm place, shake it well for twenty-four hours, and it is fit for use.

No. 133.—*To made Hyde's salve.*

Take half a pound of tobacco, two quarts of chamber lye, two pounds of rosin, two ounces of bees-wax, one ounce of spirits of turpentine, two ounces of mutton tallow, simmer it well together, so as to make a salve. It is good for sores and burns, and it is considered to be of great value.

No. 134.—*To cure a consumptive cough or pain in the breast.*

Take a spoonful of common tar, three spoonsful of honey, three yolks of hen's eggs, and half a pint of wine, beat them well together in a dish, with a knife or spoon. Bottle up for use. A tea spoonful is a dose, morning, noon and night, before eating. Use barley tea for constant drink.

No. 135.—*For weakly obstruction in the female sex.*

Heart's ease herb, spikenard roots with the pith out, a small part of blood root, turkey root, wild licorice, a few roots of white pond lilies, a good parcel of female flowers, so called. It often grows by the side of ponds, and has a leaf and blossoms some like cowslips; but it grows single, one root or stalk by itself, and some smaller than the cowslip; the leaves are green and the blossom is yellow. This is one of the finest roots for the use of females in the world. Use double the quantity of this and equal parts of the others, make a sirup of them, boil them in fair water until the substance is out; strain it off, sweeten it with honey, add as much rum to it as will keep it from souring. Drink half a

gill on going to bed every night. This will strengthen the system, and throw off all obstructions. It is best for persons so complaining, to wear a thick piece of flannel, on the small of the back.

No. 136.—*A cure for the outward piles.*

Take one gill of sweet oil, 1 table spoonful of white-lead, mixed together, one tea spoonful of liquor, one gill of vinegar, one table spoonful sugar of lead dissolved, mix well together, and anoint the part affected.

No. 137.—*Eye water.*

Take a dozen of hen's eggs, boil them, take the yolk out, and take the white of the eggs, half an oz. of white vitriol, one oz. of rock salt, one oz loaf sugar, one pint soft water, put them all together, let it stand twenty-four hours, then strain, and it is fit for use ; this is the best eye water used.

No. 138.—*For children troubled with worms.*

There are many things helpful to children troubled with worms. The bark of witch hazel, or spotted alder, steep it in a pewter vessel, let it boil on a moderate heat, very strong ; a child of a year old, can take a table spoonful ; if older, take more, according to the age. Let him take it four times a day, for several days. It is sure and safe. Or take sage, powder it fine, mix it with honey, it is very good for worms. Take a piece of steel, heat it very hot in a smith's fire, then lay it on a roll of brimstone, melt the steel, let it fall into water, where it will lie in small round lumps ; pound them very fine, mix the dust with molasses, let the child take half a tea spoonful, night and morning, fasting. Wild mandrake roots, dried and powdered, mixed with honey ; give a child a year old as much of the powder as will lay on a sixpence ; take it in the morning fasting, three or four days successively. If a child is taken with fits, by reason of worms, give as much paregoric, as the child can bear. To prevent children from having worms, let them eat onions, raw or cooked, raw are

best. Salt and water is good to turn worms ; give a dose or two of flour-sulphur, mixed with molasses or honey : it brings off the worms without any thing else.

No. 139.—*Bitter sweet ointment.*

Take plantain, half a pound, root and branch, half a pound bitter sweet bark, half a pound of spikenard root. Boil them in two quarts of water down to one pint ; strain it, and add one pound hog's lard, simmer it over a moderate fire, so as not to burn it, to the consistence of a salve, it is fit for use.

No. 140.—*Nose-Bleed.*

Take of beth-root that has a red blossom, a few roots, dry them, eat a little of it every morning, for a week ; or pulverize, and use it as snuff.

No. 141.—*Diarrhæa.*

Take two tea spoonsful of salt, a gill of vinegar, dissolve it, take all at a dose, and if it does not remove the complaint in fifteen minutes or more, take it the second time. I never knew it to fail.

No. 142.—*Cure for the polypus.*

Two ounces of dried blood root, pound it fine, a quarter of an ounce of calix-cinnamon, two ounces of scoke root, snuff it up the nose, it will kill the polypus. Then pull it out with a pair of forceps, and use the snuff until it is cured. If the nose is so stopped that it cannot be snuffed up, boil the same and gurgel it in the throat, and sweat the head with the hot liquor till it withers so as to use the snuff.

No. 143.—*For a frog under the tongue.*

When the frog is first perceived, take weak lye, and hold it in the the mouth as hot as it can be borne, if it has grown tough, touch it in 3 or 4 places with caustic, until it is sore, then apply the lye.

No. 144.—*Childbed fevers.*

In childbed fevers, take rattle-snake's gall, five grains ; sweat with palm tea, once an hour, until the fever abates, and every time the fever rises, continue the same. Keep the body loose.

No. 145.—*Phthisic.*

Roast three egg shells brown, pulverize rather coarsely, mix with half a pint of molasses, use a spoonful morning, noon and night. The cure is certain, unless the disease be hereditary, descending from the parents.

No. 146.—*Dysentery.*

Half an ounce of pomegranate bark pulverized, steeped in a pint of wine, or good cider, and take a gill at a time, before eating.

No. 147.—*Bowel complaint.*

Take fire weed, steep it strong, drink freely, this is said to be good. Smart weed is good, make tea of it, and drink often.

No. 148.—*Valuable remedy for dysentery, or bloody flux.*

Take of white pine bark, after the ross is off, three pints, of water three pints, let it simmer down to one quart, strain it off, add half a pint of West-India molasses and half a pint of West-India rum ; the whole composition for a grown person—half for a child. This remedy is simple, but may be depended on as effectual ; it will seldom, if ever fail.

No. 149.—*To make a red salve.*

Take one pound of red-lead, one pound of white-lead, one fourth lb. of rosin, one fourth lb. bees-wax, two oz. of camphor, two oz. gum-myrrh, one pint linseed oil, one pint neat's foot oil ; mix together, and melt them over a moderate fire, then stir it till cold, and it is fit for use.

No. 150.—*To kill rats and mice.*

Mix unslacked lime and oat-meal together, or wheaten-flour, and lay it on bits of chips, where they come; this will kill all sorts of vermin, in houses, barns, orchards or fields.

No. 121.—*For mending china, or any ware of the kind.*

Pound flint glass fine, then grind it on a paint stone, with the white of an egg; put on the egg. It will not break in the same place again, after it is well dried.

No. 152.—*To destroy worms, a sure and safe way.*

Take a large tea spoonful of the rust of tin, mix it with a table spoonful of molasses. This is a valuable remedy. It may be given in health or sickness.

No. 153.—*To cure a felon.*

Take the outer bark of white birch, boil it in new milk, until the liquor is very strong, and apply it to the part affected.

No. 154.—*Bleeding at the lungs.*

Take the inner bark off the root of white birch, boil it in water until it is very strong, drink freely of it.

No. 155.—*Cure for fits.*

The blossoms of the thorn apple, steeped strong; and drank often, is an effectual remedy for fits. When the blossoms cannot be obtained, the bark is a substitute, though not as good.

No. 156.—*Cure for all sorts of sores.*

One half pint spirits of alcohol, three glasses of spirits of turpentine, one ounce gum-camphor, add four ounces of Castile soap, cut fine, and shake often, and when it is all dissolved, it is fit for use. It is a ready cure for all kinds of sores, wounds by rusty nails, thorns, scratches by needles, pins, &c., cuts and bruises of all kinds, stings of bees, wasps

and hornets, bites of insects of all kinds, burns, scalds, and if applied immediately, will stop blistering, take out the fire, and set in a healing state; and it is surprising how quick the cure. It is good for sore and stiff joints, &c. It is equally good for wounds on horses and cattle of all kinds; if there be an inflammation in the wound, it should be thoroughly bathed in with a hot shovel or the like. And for a burn or scald, it should be applied cold, and the wound should be dressed and bathed, twice a day.

No. 157.—*Sticking plaster.*

Two ounces of rosin, six of sweet oil, simmer them together till it is dissolved; then pour it into a pail of cold water, then work it till it is white.

No. 158.—*Grafting wax.*

Take one pound of bees-wax, one pound of rosin, half a lb. of tallow, simmer it well together, then turn in into a pail of water, wash it well, and it is fit for use.

No. 159.—*Portable balls for removing spots from clothes.*

Take Fuller's earth perfectly dried, so that it crumbles to powder, moisten with the clear juice of lemons, and add a quantity of pure pearlash; then work and knead the whole together, till it acquires the consistency of a thick elastic substance; form it into convenient small balls, and expose them to the sun, in which they ought to be dried; this fits it for use. Moisten the spot on the cloth with water, then rub it with the ball, then let it dry in the sun, and wash the spot with pure water, it will disappear.

No. 160.—*To make Hull's family physic.*

One ounce of aloes, two drachms of cinnamon, two of mace, two of cloves, two of gum-myrrh, two of saffron, two of ginger, two of willow bark, and two drachms of anniseed, pulverize the aloes fine, in a cool-iron mortar; add all to-

gether and pulverize the whole fine, and it is fit for use. It may be put up in a bottle, or done up in a thick strong paper, and be kept for years. A common tea spoonful is a dose, for a grown person; children in proportion, to be taken on going to bed,

No. 161.—*To make German oil, or white oil for sore eyes, &c.*

Take one tea-cup full of green elder and the bark of the roots of shumac, equal parts; one handful of double rose leaves, and live-for-ever, equal parts; pound them fine, put them into two quarts of water, and boil for twenty minutes, strain off, and boil down to half a pint; then add one pint of sweet cream, and four ounces of clear rosin, set it on the coals, and stir it until it melts down to an oil; strain it again, and it is fit for use.

No. 162.—*To make labour-saving soap,*

Take two pounds of washing soda, two pounds of bar-soap, and ten quarts of soft water, cut the soap in thin slices; then boil all together two hours, and strain it through a cloth, and it is fit for use.

No. 163.—*For using the before-mentioned soap.*

Put the clothes in to soak the night before you wash, add to every pail full of water, one pound of this soap, boil them two hours, they need no rubbing, only rinse them, and they will be white and clean.

No. 164.—*For tanning sheep, racoon, or any other skin, with the fur on.*

To one sheep skin, take six quarts of soft water, four ounces of the oil of vitriol, two oz. alum, half a pint of salt; put the skin into the liquor, stir it one hour, then take it out and stretch it, and it will be completely leathered. For twelve racoon skins, take twelve oz. of the oil of vitriol, to one pint of salt, four oz. of alum, sixteen quarts of soft water, then put

them into the liquor, let them lie one hour, or more, if necessary, then stretch and work them until dry.

No. 165.—*To make green ointment.*

Take one pound brown salve, (No. 166.) one half ounce of verdigris, put them in a tin pan or basin, on a moderate fire of coals, and stir it steadily until mixed; then strain off clean, and it is fit for use; it is good for old sores, bruises, and the like.

No. 166.—*Brown salve, for erysipelas or scrofula.*

One tea-cup full of the bark of the root of shumac, the same quantity of the twigs of shumac, pounded fine, and one handful of double rose leaves, one handful of the green bark of elder, pounded fine, boiled for some time, in two quarts of water, strain it clear and boil it down to half a pint; add one pound fresh butter, one half ounce of Burgundy pitch, one ounce of Barbary tallow, and four ounces of white rosin, simmer it moderately on coals, stir it often till it is all melted down, strain it again, and it is fit for use; equal to any salve ever made.

No. 167.—*To take grease out of linen clothes, silks and cottons.*

Take a quart of spring water, put in a little white fine powder, nearly as large as a walnut, also a lemon cut in slices, mix them together, let it stand in the sun twenty-four hours; then apply it to the clothes.

No. 168.—*To make stick cement to mend earthenware or glass.*

Take one pound of gum shellac, pound it fine, add half a pint of alcohol, then simmer it together, and it is fit to draw into sticks.

No. 169.—*A cordial for the erysipelas.*

One tea-cup full of rose leaves, and the same quantity of

saffron, one ounce cinnamon bark, in two quarts of water, steep it till the strength is out, then strain it clean, add one fourth lb. of loaf sugar, one fourth do. of raisins, set on the coals, and scald it together, then add one quart of Holland gin to each quart of the cordial; take a wine glass full, three times a day.

No. 170.—*Cure for a breach.*

One handful of green catnip leaves, put them on a warm shovel, sweat them well, take one ounce of brown salve, (No. 166) and sprinkle the catnip; bathe or lay it on the wound warm, repeat three or four times in twenty-four hours, and a cure will be very soon effected.

No. 171.—*To cure a foundered horse.*

When first taken, bleed in the hough, then take human dung, mix as much as you can in a pint of gin, pour it down the horse, and put as much on the bits, as you can wind on with a rag; then ride him till he is warm, and put a blanket on him; after this lead him into the water up to his knees, and let him stand three or four hours, it will cure without fail.

No. 172.—*To cure the heaves.*

Take Spanish float indigo one ounce, pulverize and divide into nine equal parts; give the horse a dose, three mornings running, then miss three, and so on, till you give the whole.

No. 173.—*For a gathering in the head.*

Take a green frog whole, put it in a tea-cup, and set the cup in a lump of dough, and cover the cup all over, the top and all; put it in an oven and bake it thoroughly, when well done, drain off all the oil that will settle in the bottom of the cup, and put it in a phial and cork it tight; drop in the ear of a grown person four or five drops, two or three times a day, and for children, two or three drops. It never fails of a cure.

No. 174.—*To make eye water for inflamed eyes.*

Take half a pound of camomile, and one quart of new milk ; boil it down to a pint ; add half a pint of West-India rum, put in four oz. of loaf sugar, and it is fit for use. Bathe the parts affected three or four times a day.

No. 175.—*For consumption.*

The root of Indian-hemp, made pretty strong, steeped in good West-India rum. The patient if very weak may begin with taking a table spoonful, three times a day, before eating ; and advance in proportion until the patient may bear a wine glass full, or more, at a dose. This has cured many.

No. 176.—*Another.*

Take one half pound of the inside tamerack bark, green, steeped in two quarts of water, and boiled to one quart. Mix with one quart best French brandy, one pound loaf sugar, with a slice of wheat bread crumbed in it, and it is fit for use. One half wine glass, three times a day, and increase to double that quantity.

No. 177.—*Consumptive cough.*

Take three quarts spring water scalding hot, and stir in one half pint of tar, then stir in three quarts of good wheat bran, then add two table spoonsful of yeast, and let it stand where it will be moderately warm for twenty-four hours, and ferment ; then strain it off, and add one half pound of honey, or loaf sugar, then add one half pint of Holland gin. to keep it from souring : then bottle it tight, and it is fit for use. Give a wine glass full two or three times a day, before eating.

No. 178.—*Cure for rheumatism.*

A table spoonful of sulphur, three mornings in succession, and oint three mornings, for nine mornings ; to be taken in new milk. The trial costs but little, and in some cases may cure.

No. 179.—*Rheumatism.*

One and a half pounds of hog's lard, three-fourths of a pound of rosin, and one-fourth pound of bees-wax, put them together and heat till they are all melted; then add one ounce of oil-spike and one ounce of oil amber, and stir till it is cooked, and it is fit for use; bathe the parts affected thoroughly, by a hot shovel or the fire, and a cure is almost certain.

No. 180.—*Another.*

Take two large warty toads, whole, and try them in one and a half pounds of hog's lard, bake them until they are done to a crisp without burning; then strain off, and add one gill of spirits of turpentine, then simmer it down till it becomes an ointment, and it is fit for use; rub the parts affected, and bathe it in by a hot fire. It has cured thousands.

No. 181.—*Another.*

Take the marrow from deer's legs and jaw bone, rub it on the joints. The oil of the most supplest and quickest animal is the best to limber the joints of man, or beast. Dogs oil, fox, cat, or the oil of an eel, is good.

No. 182.—*An English physician's cure for the rheumatism.*

It has cured many.—Take one oz. of saltpetre, one ounce of sulphur, and one pint of Holland gin, put it into a bottle and shake it until it is dissolved. Take one small glass three times a day,

No. 183.—*Another.*

Take four oz. of rosin, and three tea spoonsful of Cayenne pepper; put it into a bottle and shake it well for twenty-four hours. Take half a table spoonful at a dose, three times a day.

No. 184.—*Excellent physic for the blood.*

Take one pound white ash bark, one ditto white pine bark, one do. of black cherry, one handful white beech, and two pounds of butternut bark, from the roots of the trees, the whole clear from ross, or rough bark—boil one whole day, then strain it, and let it settle one night, drain it off, and boil it down to one pint; then add one quart cane molasses, and scald well together; then add one spoonful of carraway seed pulverized fine, stir it well together and it is fit for use. Take a tea spoonful for three mornings before eating for a trial.

No. 185.—*A cure for biles.*

Take lead from the lining of a tea chest one pound, melt it and cast it in a shape lengthwise, that it may be rasped off easily with a common rasp, spread a piece of bread with butter, then sprinkle on one half ounce of the lead fine; eat it three times a day. It is a certain cure. It is good for the patient to take a small dose of sulphur, every morning during the time.

No. 186.—*For old sores, fresh wounds, itch, salt rheum, and the like.*

Take rosin, bees-wax, mutton tallow, and hog's lard, equal parts, and stir them together over a moderate heat, and when well mixed add two spoonsful of spirits of turpentine, stir it well and it makes an excellent salve.

No. 187.—*An Indian receipt for a felon from the Seneca tribe.*

Take wild red cherry bark, quite a quantity of it, and boil it down to a salve, and apply it to the parts affected, and it will in most cases cure.

No. 188.—*Another for a felon, also for sores and bruises.*

Take one pound of mutton tallow, one table spoonful black

pepper, one table spoonful of saltpetre, half a spoonful Scotch snuff, one spoonful of spirits of turpentine, a piece of verdigris, as large as a walnut ; simmer it together until it is well mixed. Strain it through flannel, and it is fit for use. Apply it to the part affected and wind on flannel. It is a great salve and will cure the pain of a felon, in two hours after it is applied.

No. 189.—*Cure for sore eyes of long standing.*

Take a small herb calted eye-bright, and steep it in a tea cup full of clear rain water, until quite strong, and wash the eyes five or six times a day ; eye-bright is a very small herb, it does not grow more than six inches high, and has a dark green leaf, and a very small white blossom ; it blossoms in June and July, and grows on sandy land, or light loom where such land is pastured.

No. 190.—*To cure a thistaloe or pole-evil.*

Take one handful of wormwood, simmer it in hog's lard or fresh butter, put in half a table spoonful of salt, and a little sharp vinegar, make it to the consistency of a salve, put into each ear a piece every day as large as a walnut. In the course of two weeks you will effect a cure.

No. 191.—*A certain cure for the scab on sheep.*

For a barrel of wash take seven pounds of tobacco, and boil till all the strength is out, and throw away the tobacco ; then add to the liquor seven pounds of sulphur, when the liquor is warm, two quarts of spirits of turpentine, one pound of arsenic, one pound of saltpetre, one pound of sal-amoniack, and one pint of the oil of vitriol ; and when all is dissolved put it in a barrel ;—first put in the spirits of turpentine, then the oil of vitriol, skake it thoroughly, fill the barrel up with water and bung it up tight ; it will keep any length of time, and be always ready for use. To manage the sheep :—first find the spot affected and part the wool with your hands or thumbs, and scarify with a jack-knife, and irritate by scratching, then

pour on the wash—then in $\frac{3}{4}$ of an inch part the wool again, and manage in the same way till you get below the scab, being careful to rub it thoroughly in with the fingers, or if your fingers get sore you may use the handle of your jack-knife.

No. 192.—*Another for the scab.*

Take six pounds of tobacco, and steep it ten or twelve hours, three ounces white arsenic, three ounces blue vitriol, and one gallon soft soap, then warm over a moderate fire, then add two quarts of spirits of turpentine, and it is fit for use. Dip or wet the sheep all over in the decoction or wash, it is a certain cure. This quantity is sufficient for one hundred sheep.

No. 193.—*Felon.*

Take one pound of yellow dock root, boil it in two quarts of water, down to one pint; then thicken it with Indian meal, and apply it to the part affected.

No. 194.—*Precipitate ointment for cutaneous eruptions.*

One half pound fresh butter, one oz. Burgundy pitch, one ounce of spirits of turpentine, one half ounce red precipitate, and in the same proportions for a greater or lesser quantity. Pulverize the pitch, and then mix and stir the composition thoroughly. This will cure the most inveterate cases.

No. 195.—*To kill bed bugs.*

Take two cents worth of quicksilver, and the white of two or three hen's eggs, and beat with the feather part of a strong goose quill an hour, or until the quicksilver is thoroughly mixed, and it is fit for use. To be put in the places of the bugs with a feather.

No. 196.—*Cholic.*

Take green horse dung, press out the juice, take one table spoonful at a dose, once in five or ten minutes.—Dr. A. Hall.

No. 197.—*Gravel.*

Take hyson-skin tea, sweeten it strong with honey, and drink freely three times a day. It has cured many.

No. 198.—*Receipt to make Conklin salve.*

Take four pounds of rosin, four ounces Burgundy pitch, four ounces mutton tallow, four ounces bees-wax, one table spoonful of hemlock oil, one table spoonful balsam cedar oil, one ounce spirits of turpentine, two ounces sulphur; put them all together in a kettle, melt them, and simmer until it is dissolved, and then pour it into a pailful of cold water; then work and pull it until it will do to roll.

No. 199.—*Canker-rash.*

In slight cases of this disease, the following composition is usually sufficient to cure. Blood root one ounce, good vinegar half a pint, honey two ounces, mix the whole together, take a tea spoonful every half hour. In severe cases, a portion of mandrake or boiled lobelia, might first be given to clear the stomach and bowels, afterwards the above composition. The mouth should be frequently washed with sage tea, sweetened with honey. Weak lye should also be frequently drank.

No. 200.—*Scald head or tetters.*

First apply a poultice of wheat bread and milk, for forty-eight hours; then take two handfuls of strawberry vines, celadine, and wood betony juice, of each half a pint; hog's lard two pounds, and tar one half pint; simmer the whole together one hour, and apply to the part affected. Such things as would cleanse the blood might also with propriety be given.

No. 201.—*Heart-burn.*

Lobelia if properly taken, is usually an effectual cure for this disease. It should be frequently taken in honey, in as large doses as the stomach will bear, and upon an empty

stomach. Oyster shells, and other medicines of the same class, in many cases might with propriety be used, Equal quantities of beef's gall and chalk, taken in doses of a tea spoonful, three times a day, is very efficacious. The gall should be dried and powdered, and mixed with the chalk.

No. 202.—*Jaundice.*

Take a pound of the wood and leaves of bitter sweet, bruise them, and simmer them in one quart of wine, for twelve hours over a gentle fire ; strain off the liquor, and take a glass three times a day ; or take a handful of the inner bark of witch hazel, wormwood, hops and smallage, bruise them in a mortar, boil them in a gallon of new beer, half an hour ; to this add three gallons more of beer, and let them work together, when half a glass might be taken every morning ; or make a strong decoction of horse-radish, sarsaparilla roots, burdock roots and seeds, red cherry bark and prickly ash bark ; to this decoction put an equal quantity of rum, and take upon an empty stomach a glass three times a day.

No. 203.—*A cure for corns.*

Take white pine turpentine, spread a plaster, and apply it to the corn ; let it stay on till it comes off itself. Repeat three times, never fails of a cure.

No. 204.—*For cramp in the stomach or any inward part.*

Take ten drops of the oil of lavender on sugar, or in wine. Repeat the dose once an hour if required.

No. 205.—*Thrush or canker, or sore mouth.*

Take the yolk of a roasted egg, burnt leather, sage pulverized, and burnt allum, mix with honey. It will cure.

No. 206.—*For the catarrh on the lungs.*

Take one ounce of sulphur, one ounce of licorice-stick, one ounce of elecampane, pulverize them together, put in

two table spoonsful of honey ; boil in two quarts of water to one. Strain it off, and add gin enough to preserve it. For a dose, take one tea spoonful three times a day, fasting.

No. 207.—*A certain cure for sore eyes.*

Take the white of six eggs, beat them fine, add half a pint of good cognac brandy, let it stand forty-eight hours, then strain it through a fine cloth, let it drain of itself into a bottle, cork it tight, and it is fit for use.

No. 208.—*A squaw's cure for the same.*

Take rattle-snake plantain, one handful, the same quantity of lobelia, steep it one quart of water twenty-four hours, then strain and bottle it, and it is fit for use, wash three times a day ; it will cure.

No. 209.—*For the ague-gravel.*

Take half a pint of pumpkin seeds and a large root or two of red-blow beth-root, pulverize fine, mix it with the white of an egg, make six pills of it, take one every hour until you take the six ; it will cure in most cases.

No. 210.—*To take the film from the eye, though of long standing.*

Take glass, pulverize fine, sift it through a fine cloth, then take a quill and blow some of it into the eye, and it will take the film off, whether the person can see or not.

No. 211.—*A sure cure for the measles.*

Take a quantity of common nettles, steep them strong, let the patient drink freely of the juice, and it will drive them out, when nothing else will. This is the Irish way of curing this disease.

No. 212.—*To cure a stifle.*

Take a handful of shumack bark, a handful of white oak bark, boil in one gallon of water down to two quarts ; bathe

the stifle with the liquor twice a day, for three days, then take the whites of three eggs, half a pint of vinegar, one handful of salt, beat them well together, then put it on and bathe it in, and it will cure when nothing else will. No mistake.

No. 113.—*To take stains out of mahogany.*

Take two ounces of oil of vitriol, one ounce of muriatic-acid, mix them by shaking in a vial; then lay it over the spotted part with a feather or woolen rag, afterwards wash the part over with water, and polish as usual.

No. 214.—*To cure corns in a quick and new way.*

Take one ounce of muriatic-acid, one ounce and a half of nitric-acid, one half ounce of blood-root, red sanders one tea spoonful, mix all together, put it in a vial, then take another vial and put in one quarter of an ounce of castile soap, fill it up with water and cork it, take a sharp pointed stick and put it into the acid, then put it on the corn, take a knife and peel it off as fast as it eats the corn, and when you get the core out, put the stick into the vial of soap-water and that will stop its eating any more, then put on a plaster and it will cure.—This receipt has been sold for twenty-five dollars.

No. 215.—*Receipt for catching wolves and foxes.*

Take equal parts of beaver-oil and oil of amber, put them into a phial, with a junk or two of beaver-castor, and the spayings of a she-fox, caught if possible in the rutting season, cork them up tight. In twenty-four hours it will be fit for use. If you know of any in the woods, take this scent and scent along from five to ten rods, and that will lead them on to the place where you wish to trap them, then take your bait and draw it around your trap, bury some of the bait in several places around your trap; for a fox a mouse is the most preferable bait. Clean your trap well, and put on a coat of bees-wax and tallow, then no animal can smell the trap; make your bed with old chaff, or the like, that mice have been in a great deal.—This receipt was sold for \$20, by L. Sperry.

No. 216.—*Consumption, by an English physician.*

A consumption is a wasting or decay of the whole body from an ulcer, tubercles, or concretion of the lungs, an empyema, a nervous atrophy, &c.

As this disease is seldom cured, we shall endeavor to point out its causes the more particularly, in order that people may be enabled to avoid it. These are :—

Want of exercise. Hence it comes to pass, that this disease is so common amongst the inhabitants of great towns, who follow sedentary employments, and likewise amongst the rich, who are not under the necessity of laboring for their bread.

Confined or unwholesome air. Air which stagnates, or is impregnated with the fumes of metals or minerals, is extremely hurtful to the lungs, and often corrodes the tender vessels of that necessary organ.

Violent passions, exertions, or affections of the mind ; as grief, disappointment, anxiety, or close application to the study of abstruse arts or sciences.

Great evacuations ; as sweating, diarrhœas, diabetes, excessive venery, the fluor albus, giving suck too long, &c.

Infection. Consumptions are often caught by sleeping with the diseased ; for which reason this should be carefully avoided. It cannot be of great benefit to the sick, and must hurt those in health.

Occupations in life Those artificers who sit much, and are constantly leaning forward, or pressing upon the stomach and breast, as cutlers, tailors, shoemakers, printers, &c. often die of consumptions.

Cold. More consumptive patients date the beginning of their disorders from wet feet, damp beds, night air, wet clothes, and such like, than from all other causes.

We shall only add, that this disease is often owing to an hereditary taint ; in which case it is generally incurable.

Regimen.—On the first appearance of a consumption, if the patient lives in a large town, or any place where the air is confined, he ought immediately to quit it, and to make choice

of a situation in the country, where the air is pure, dry and free. Here he must not remain inactive, but take every day as much exercise as he can bear. The best method of taking exercise is to ride on horseback, as this gives the body a great deal of motion without much fatigue. Such as cannot bear this kind of exercise must make use of a carriage. Care must be taken to avoid catching cold. The patient ought always to finish his ride in the morning, or at least before dinner; otherwise it will oftener do harm than good. At any rate the patient must take exercise; it is almost an infallible remedy, if begun in time, and duly persisted in.

Next to proper air and exercise we would recommend a due attention to the diet. The patient must eat nothing that is either heating or hard of digestion, and his drink must be of a soft and cooling nature. All the diet must be calculated to lessen the acrimony of the humors, and to nourish and support the patient. For this purpose he must keep chiefly to the use of vegetables and milk. Milk alone is of more value in this disease than the whole *materia medica*.

Some extraordinary cures in consumptive cases have been performed by women's milk. Could this be obtained in sufficient quantity, we would recommend it preferably to any other. It is better for the patient to suck it from the breast than to drink it afterwards. I knew a man who was reduced to such a degree of weakness in a consumption as not to be able to turn himself in bed. His wife was at that time giving suck, and the child happening to die, he sucked her breasts, not with a view to reap any advantage from the milk, but to make her easy. Finding himself, however, greatly benefitted by it, he continued to suck her till he became perfectly well, and was subsequently a strong and healthy man.

Some prefer buttermilk to any other and it is certainly a very valuable medicine, if the stomach be able to bear it. It does not agree with every person at first, and is therefore often laid aside without a sufficient trial. It should at first be taken sparingly, and the quantity gradually increased, until it comes to be almost the sole food.

Cow's milk is most readily obtained of any, and though it be not so easily digested, it may be rendered lighter by adding to it an equal quantity of barley water, or allowing it to stand some hours, and afterwards taking off the cream. If it should notwithstanding prove heavy on the stomach, a table spoonful of rum or brandy, and a bit of loaf sugar, may be put into half a pint.

Rice and milk, or barley and milk boiled, with a little sugar, is very proper food. Ripe fruits roasted, baked, or boiled, are likewise proper, as goose or currant-berry tarts, apples roasted or boiled in milk, &c. The jellies, conserves, and preserves, of ripe subacid fruits ought to be taken plentifully, as the jelly of currants, preserved plumbs, &c.

Wholesome air, proper exercise, and a diet consisting chiefly of these and other vegetables, with milk, is the only course that can be depended on in the beginning of a consumption. If the patient has strength and sufficient resolution to persist in this course, he will seldom be disappointed of a cure.

The patient's mind ought to be kept as easy and cheerful as possible. Consumptions are often occasioned and always aggravated by a melancholy cast of mind; for which reason music, cheerful company, and every thing that inspires mirth, are highly beneficial.

Medicine.—Though the cure of this disease depends chiefly upon regimen and the patient's own endeavors, yet we mention a few things which may be of service in relieving the more violent symptoms.

In the first stage of a consumption the cough may sometimes be appeased by bleeding; and the expectoration may be promoted by the following medicines. Take fresh squills, gum ammoniac, and powdered cardamum seeds, of each a quarter of an ounce; beat them together in a mortar, and if the mass proves too hard for pills a little of any kind of sirup may be added to it. This may be formed into pills of a moderate size, and four or five of them taken twice or thrice a day, according as the patient's stomach will bear them.

For the patient's drink we would recommend infusions of the bitter plants, as ground-ivy, the lesser centaury, camomile flowers, or water trefoil. These infusions may be drank at pleasure. They strengthen the stomach, promote digestion, rectify the blood, and at the same time answer all the purposes of dilution, and quench thirst much better than things that are luscious or sweet. But if the patient spits blood, he ought to use for his ordinary drink infusions or decoctions of the vulnerary roots, &c.*—*Dr. Buchan.*

* Take an oz. of comfrey root, of licorice and marsh mallow roots each half an ounce. Boil them in two quarts of water to one. A tea spoonful of the acid elixir of vitriol may be added to this decoction when cold, a tea cupful of it taken four or five times a day.

CONCLUSION.

It has been the general opinion, that extensive study, and great erudition, are all that is required to constitute an eminent physician. But something more than that is absolutely necessary. A man may have a scientific knowledge of the human frame; he may know the names in every language, of every medicine, mineral and vegetable; as well as every disease, and yet be a miserable physician. But there have been men, without this to boast of, from the earliest ages of the world, who have arisen blest with the sublime powers of genius, who have, as it were, with one look, *pierced* creation; and with one comprehensive view, grasped the whole circle of science, and left learning itself in the rear. A man never can be great, without intellect, and he can never more than fill the measure of his capacity; there is a power beyond the reach of art, and there are gifts, that study and learning, cannot *rival*. The practice of regular Physicians, that is, those who get diplomas, at the present time, is not to use those means which would be most likely to cure diseases, but to try experiments upon what they have read in books, and to see how much a patient can bear without producing death. After pursuing this course through their lives, they know just as much as when they began to practice, of what is useful to mankind. If a patient dies under their management, why, it is the will of God, and they are sure to get extravagantly paid, and nothing more is said. But if one in a hundred of those whom the doctors have given over as incurable die, after taking *botanical medicines*, the Faculty will cry at once, *miserable quackery*—they have been poisoned, and the *quacks* ought to be hung! all for the purpose of bringing *vegetable remedies* into disrepute, and blinding the minds of

the community, when the fact is well known to thousands, who have used *vegetable medicines*, that they are perfectly safe, and they *defy* the *Faculty* to produce an instance where they have had any bad effect. True, the study of anatomy, or the structure of the human frame, and of the animal economy, is pleasing and useful, nor is there any objection to this, however minute and critical, if it is not to the neglect of the first great principles, and the weightier matters of knowledge. But such study is no more necessary to mankind at large to qualify them to administer relief from pain and sickness, than it is to a cook who prepares food, to satisfy hunger and to nourish the body. There is one general cause of hunger, and one general supply of food ; one general cause of disease, and one general remedy ; the one can be satisfied, and the other removed, by an infinite variety of articles best adapted to those different purposes. Those medicines therefore that will the best open obstructions, promote perspiration, restore and regulate digestion, are suited to every patient, whatever form the disease may assume ; and of course are universally applicable ; and even acute disorders, such as fevers, cholic, and dysentery, may be relieved thereby, in twenty-four hours, or forty-eight hours, at the utmost.

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H. P. Rolfe.